Quick Start Guide

System requirements:
iPhone® 4s – iOS 8.02 or later
iPod Touch® - 5 – iOS 8.02 or later
iPad® - 3 or later
Bluetooth Smart/Low Energy

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Quick Start Manual v6r3
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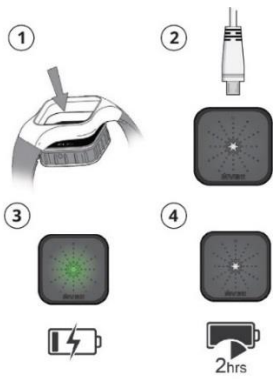
About Zing

Zing is a smart activity tracker and app which also allows you to message other Zing friends and control features on your phone like the music player and camera. Providing the battery has charge, Zing will record your movement data all the time even when the display is off. You control Zing using movements like rotations, shakes of the wrist and even by blowing on the device. **(See the "How to do gestures" section at the end of this guide).**

Unpack and charge Zing

Having removed all packaging, start by following these steps:

1. Push the unit out of the holder
2. To charge the Zing, plug the USB cable into the unit and connect to a suitable charging unit
3. The Zing will flash green
4. Once the unit is charged the light will go off. This should take approximately 2 hours



Downloading Zing-A app

To download the app, follow these steps:

1. Open the Apple App Store on your iPhone, iPod or iPad
2. Tap the search icon and type **Zing-A**
3. Scroll down until the following screen appears:

4. Tap **Get** and then **Install**
5. Type in your iTunes store password and tap **OK**
6. The app will download
7. Tap **Open** and the following screen will appear:

Creating an account

To create a login, follow these steps:

1. Tap **New User**
2. Tap the **MvBii Username** box and enter a username of your choice
3. Tap the **MvBii Password** box and enter a password
4. Tap the **Verify Password** box and enter your password again to verify
5. Tap **Email** (for password recovery) and enter your email address
6. To complete, tap **Create account**
7. A dialog box saying **Success New user successfully created** will appear

Tap **OK** to continue to the next step.

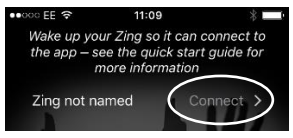
Pairing your Zing

In order to allow your Zing to communicate with your iPhone, iPod or iPad, you must have Bluetooth enabled on your device.

Make sure your Zing is charged, and after creating an account, follow these steps to pair:

1. Your Zing may already have woken up when you put it on your wrist and will show a rotating dot pattern. If so skip to step 3 below:
2. If it hasn't woken up, perform a roll gesture:
   a. Hold your Zing horizontal and steady
   b. Smoothly rotate your wrist and count to one
   c. Rotate back to the horizontal
3. Your Zing will wake up and start searching for your iPhone, iPod or iPad and your Zing will show a dot rotating around the screen:

3. This indicates it is searching for your iPhone, iPod or iPad
4. Once found, the app screen will change to show:



5. Tap on **Connect**
6. A message will appear saying **Bluetooth pairing request**
7. Tap on **Pair**
8. Your device is now paired and ready to go

Zing basics

While your Zing is charged and being worn it is constantly tracking your activity and storing the data on the device, even when the display is off. The data can be transferred at any time to your Zing-A app by waking the Zing and connecting to the app.

Zing will display a single flashing light every 5 seconds whilst it is charged and being worn to show you it's working and active.

IMPORTANT TO UNDERSTAND:
When you set up your Zing using the App you can select a colour for the centre light of the Zing. During the day an algorithm looks at activity and changes the intensity of the colour to match. See full user manual for set up instructions.

Showing the time

Your Zing can be used like an analogue watch. The 12 o'clock position is marked on the Zing with a marker:

Zing displays time for 4 seconds to avoid wasting battery. You can show the time on your device by raising your arm from vertical and moving Zing into a horizontal and steady position (just as you would to look at a normal watch). If your wrist is already horizontal, rotating your wrist to the side and back to horizontal will do the same. The time will only be displayed correctly once it has been connected with the app.

The time is 5 mins past 6

A flashing light on the minute hand indicates the time between this and the next minute hand position. The inner-most light indicating one additional minute, the next being two and so on.

Showing time is also the starting point for many other Zing gesture commands.

Zing won't connect to the app just by getting time to display – see Connecting your Zing for more information.

Checking battery life

When the Zing is showing time, if the centre coloured light is flashing this indicates a low battery. You have a few hours left to charge the unit before it will hibernate.

Changing settings

You change settings using the App.

IMPORTANT TO UNDERSTAND
Remember for changes to take effect you must have connected the Zing to the app after the changes so the app is able to set up the Zing to the new settings.

Connecting your Zing

To transfer your activity data from your Zing to the app, you must first connect your Zing to the app. To do this, follow these steps:

1. Make sure your phone is on and then open the Zing-A app. If this isn't the case and the phone is on the lock screen it will take longer to connect
2. Display the time on your Zing and then perform a roll gesture:
   a. Hold your Zing horizontal and steady
   b. With time displayed, smoothly rotate your wrist until you feel a buzz and count to one
   c. Rotate back to the horizontal
3. The display will come to life and a dot will circle around indicating it is searching

4. Once if finds your iPhone, iPod or iPad, it will then show the connected indication with flashing lights coming out from the middle of your Zing:

5. Your app is now updated with your data and you can now review this (see below)
6. The flashing lights on your Zing are a measure of your recent activity and the further they move away from the middle the more active you have been

Switching Zing display off

To switch the Zing display off, follow these steps:

1. Get the time display on and then perform an upside down gesture (See **How to do gestures** below)
2. The Zing display will then switch off

IMPORTANT TO UNDERSTAND:
While your Zing is charged and being worn it is constantly tracking your activity and storing the data on the device, even when the display is off.

Zing user modes

Your Zing has two user modes: **Standard** and **Advanced**. By default, this is set to **Standard.**

Standard user mode

In this mode, Zing will act as a straightforward activity tracker. Using Zing is simpler and you don't need to learn as much to use it. The following features are available:

1. Time display
2. Activity tracking and display
3. Diary entry (on the app)
4. Gesture and app messaging
5. Selfie control
6. Games

Advanced user mode

In Advanced mode there are the following extra features:

1. Music control
2. Zing to Zing communication – see full user manual

Changing user mode

Your Zing will be set to standard mode when you get it. You can change it at any time your app is connected to the Zing:

1. In the Zing-A app, select the Settings icon at the bottom right of the app screen and choose My Zing
2. Tap the slider alongside Advanced User Mode to switch on
3. You need to move off the **My Zing** screen for this to take effect.

STANDARD USER MODE

Zing activity

Your Zing monitors your activity while you wear it and measures this on a scale of 1-15. 1 is inactive such as lying down and 15 is highly active (fast jogging or cycling).

Zing-A also uses this to calculate the amount of time spent in 3 activity zones – low (e.g. resting), moderate (e.g. walking) and high (e.g. running). This can be used to measure how many minutes of activity per day you wish to achieve in each category.

When connected to the phone, the flashing lights on your Zing are a measure of your recent activity in the last 2 hours and the further they move away from the centre light the more active you have been.

Choosing your activity setting

The Zing has two activity settings. If you run or do similar exercise levels, then start with **Increase activity sensitivity** to **Off**. Otherwise set it to **On**. This selects an appropriate activity scale for your activity tracking.

Changing your activity setting

To change your activity setting:

1. In the Zing-A app, select the **Settings** icon at the bottom right of the app screen and choose **My Zing**
2. Tap the slider alongside **Increase Activity Sensitivity** to switch on or off

Activity and rest goals

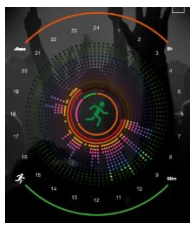
You can set yourself a daily rest target which equates to sleeping and inactivity (e.g. sitting on the sofa) and an activity goal for how many minutes of moderate (e.g. walking) and high activity (e.g. running) you wish to achieve in a day. To do this:

1. In the Zing-A app, select the **Settings** icon at the bottom right of the app screen and choose **My Activity Targets**
2. Set your target for **Daily Rest** and **Daily Activity**

Checking activity level

Once your Zing and iPhone, iPad or iPad have been connected as described above, your activity data will have been transferred to the app. You can now check your activity levels on the app by tapping the **Activity** icon.

Activity screen



Your activity level is shown on a 24-hour time wheel with spokes coming out from the centre at 15 minute intervals. These spokes tell you how active you have been. The further the spoke reaches out to the edge of the wheel, the more active you have been.

Above the wheel is a gauge showing your progress with your **Rest** target and below it a gauge for your **Activity** target.

Activity history

Along the very top of the screen is your activity history showing you a view of the last month's activity. You can scroll forwards and backwards by swiping left or right on the main screen.

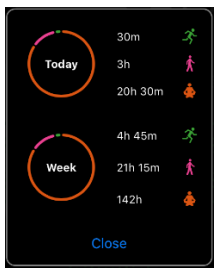
Activity icon meanings

The activity icon shown in the centre of the wheel shows the average activity of the whole day so far and the meanings are as follows:

Icon	Meaning
	Inactive - e.g. lying down
	Restful activity - e.g. sitting
	Activity similar to walking
	Activity more than walking – e.g. steady jogging
	High activity level – e.g. running

Activity summary

You can get a summary of your day and week's activity by simply tapping on the circle in the middle of your activity wheel. This will show you the following:



Zing diary

In the Zing-A app, tap **Zing diary** to view your daily diary. This will show you the Zing diary wheel:

The Zing diary is designed to track the balance of your day based on activity. The ideal scenario is to have a strong coloured circles around the wheel – this indicates a balanced day. If you have periods of inactivity the colour will fade which is a prompt to you to perhaps get up and do some activity.

Annotating your activity or Zing diary

You can annotate your activity and Zing diary to highlight particular events or achievements which you may also share with your friends. Press and hold your finger on the wheel position where you want to add the note and wait for the annotation screen to pop up. Press **Save** once done. To post it, press and hold down your finger on the saved annotation and press the share icon.

Zing messaging

Setting up a group

Your Zing and the Zing-A app allow you to share information and messages with your friends who have set up a Zing account. Before doing this you need to add the people you want in your group.

To do this you must first find out the **Usernames** of the people you want to add as friends. Zing deliberately doesn't have a search function for users in order to keep the group totally private to you and your friends. This means that your group is only made up of people you want to connect with.

Adding a group member

Once you have your friends' user names, follow these steps:

1. In the Zing-A app, select **Settings** icon at the bottom right of the app screen and then select **My Group**
2. To add a person, tap on the **+** in the top right corner of the screen
3. Enter their user name making sure you have the right capitalisation and spaces and select **Add**
4. The user name will then appear. If it appears in a strong white colour then it is a valid name. If it isn't then the name is invalid and you will need to delete it (see below) and try again

Deleting a group member

To delete a group member:

1. In the Zing-A app, select **Settings** icon at the bottom right of the app screen and then select **My Group**
2. Drag your finger from right to left over the name and tap **Delete**

Gesture messages

You must be connected to your phone for this to work.

Setting Up

You can send a message to an individual or group, directly from your Zing by blowing on it. To do this you must first follow these steps:

1. Select **Settings** in the app and Select **Gesture Posting**
2. Tap in the **To** box and select who you want your messages to be sent to – group or an individual
3. Now tap in the Message box and type in the text you want to send
4. If you want to send a Zinger, tap the **With Zinger** button and scroll down to the Zinger you want and tap on it

Sending gesture messages

To send a message using your Zing, connect your Zing, hold the Zing horizontally to show the time and then simply blow on the Zing. You will feel a buzz telling you the message has been sent.

App messages

To send messages from your app, select **Messages** in the app and then:

1. Tap on the **New Message** icon in the top right of the screen
2. Tap in the **To** box and select a person's name or **Group**
3. Now tap in the **Message** box and type in the text you want to send
4. If you want to send a Zinger, tap the **With Zinger** button and scroll down to the Zinger you want to send and tap on it
5. Tap on **Send** in the top right corner of the screen and the message will be sent

Sharing your activity and diary

You can share your activity and Zing diary screens with a single person or a group of your close friends. To do this, you must first have added an annotation as above. Then follow these steps:

1. Tap on either **Activity** or **Zing Diary** depending on what you want to share
2. Move to the activity wheel or diary page you wish to share
3. Tap on an annotation and you will see the share icon appear in the top right corner

4. Tap the share icon
5. Choose either **Group** or select a person from the list
6. Your activity or diary will then be sent

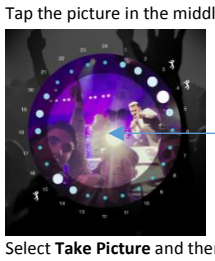
Taking selfies

You must be connected to your phone for this to work.

You can take selfie pictures or videos with your Zing without the need for a selfie stick.

To take a selfie picture or video:

1. Open up your Zing-A app and select **Zing Diary**
2. Tap the picture in the middle of the diary wheel:



3. Select **Take Picture** and then at the top of the screen choose whether you wish to take a **Photo** or a **Video**
4. Move your iPhone, iPod or iPad to where you want to take the picture or video from
5. To activate the camera, perform a single shake of the Zing – you will feel a buzz and the picture will be taken or the video will begin – to stop the video before timing out, perform another single shake
6. To keep the picture and have this as the picture in the centre of your mood wheel, tap the down arrow icon on the bottom right and the photo will be stored on your device. To keep the video, use the down arrow
7. If you don't want to keep the picture or video, tap the undo icon in the bottom left of the screen

Zing games

You cannot be connected to your iPhone, iPod or iPad and play games.

The following games are available in this order:

1. Heads or tails
2. Rock, Paper, Scissors
3. Dice
4. Spin the bottle

To access games:

1. Show the time on your Zing
2. Perform a double shake

Playing games

Perform a single shake to start each game.

Moving between games

Perform a roll gesture to move between games.

ADVANCED USER MODE

To use the following features, you must have selected Advanced User Mode with the app (Remember to connect Zing to the app to save the changes to the Zing).

Controlling your music

You must be connected to your phone for this to work.

To start controlling your music, you may need to use your music player to select an album or playlist you want to start from. From now on you can control your music directly from your Zing.

Moving into music mode

To start controlling your music, connect your Zing, then:

1. Perform a double shake to play or resume playing
2. Your track will start playing
3. Your Zing will show a green colour in the centre and you will see the lights of the Zing flash in time to the music (needs to be of suitable volume for this to happen)

Playing next track

1. To skip to the next track, perform a single shake
2. To stop playing music, perform a double shake

Only use a USB compliant regulated charger (5V +/- 0.1) or computer port.
Do not pierce or incinerate.
Not submersible.
No user serviceable parts.
Contains small parts: not suitable for children under the age of 6.
Use by children over 6 years old should be supervised by an adult.
Exposure to chemicals and rough surfaces may damage your Zing.
Avoid getting suntan lotion or insect repellent on your Zing.

Technical Data:
Model: MVB_A_501 (Diamond), MVB_A_502 (Granite), MVB_A_504 (ZAP)
Battery: 3.7V 60mAH LiPoly Rechargeable cell
Battery life: Typically 48 hours – will vary with usage

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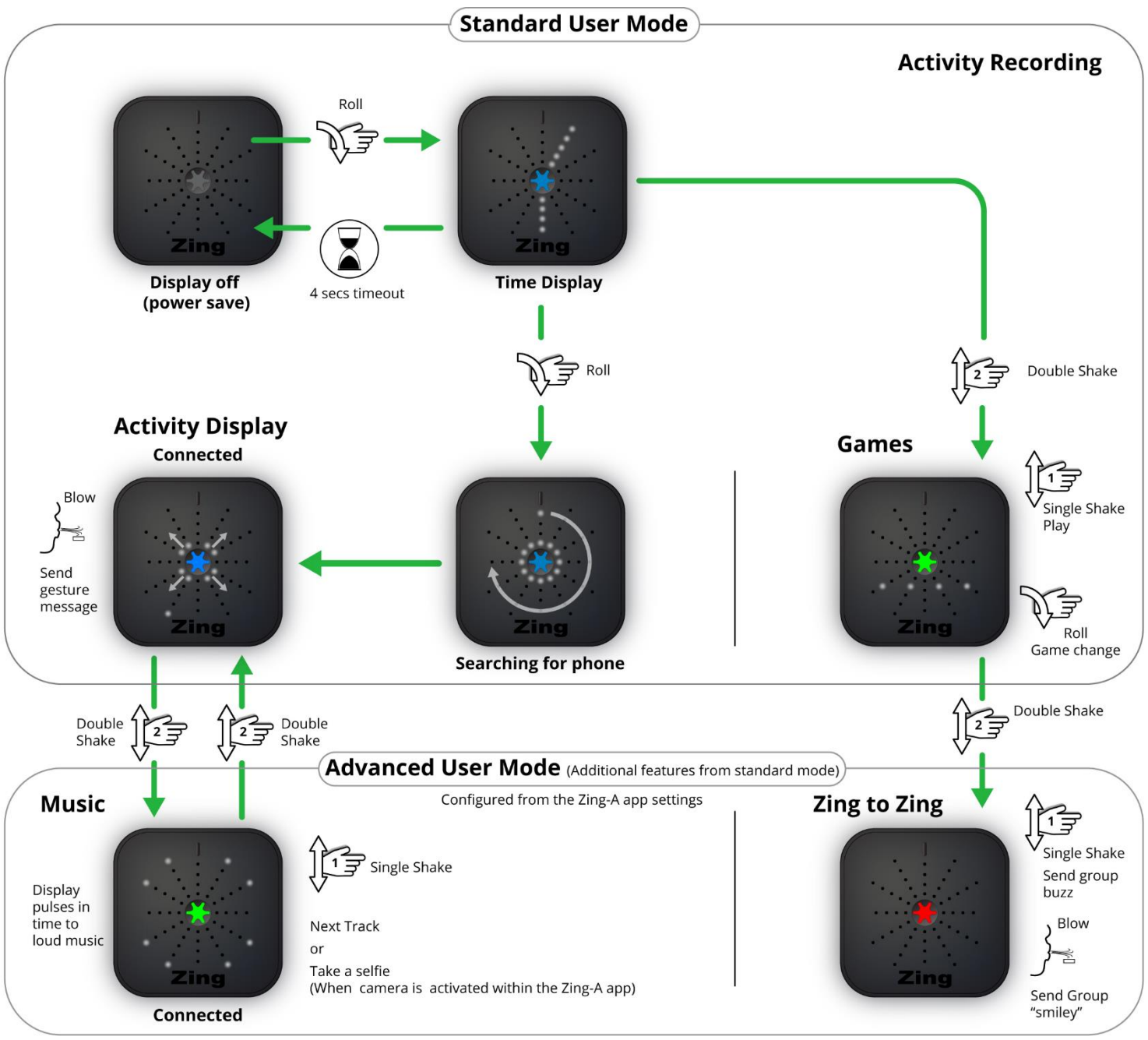

How to do gestures

All gestures start from Time Display

Roll gesture

- Rotate wrist slowly btween 45° and 90°
- Rotate back to the horizontal and steady

Upside down gesture

- Rotate upside down and count "one" (Zing will buzz)
- Rotate back to the horizontal and steady

Single shake

- Shake the Zing once firmly and smoothly in a horizontal direction (Zing will buzz)
- **When walking or running** Shake the Zing firmly and count one (Zing will buzz)

Double shake

- Shake the Zing twice firmly and smoothly in a horizontal direction (Zing will buzz)
- **When walking or running** Shake the Zing firmly twice (Zing will buzz)

Blow

- Zing must be either connected to your phone or in'Zing to Zing' Mode
- Blow across the top of the Zing (Zing will buzz)

For full user guide please visit mvbii.com